

CAPTAIN'S MEETING



Tuesday 5v5 Coordinator
Lyris



Thurs 7v7 Coordinator
Nathaniel

Team Captain Expectations

- Team Organization
- Familiarize yourself with the details in your Captain's Manual
 - League Default Rules
 - Field Dimensions
- Know [The Rules of Ultimate](#)
- Spirit and Score Reporting
- Be a Spirit Role Model

Spirit Captains

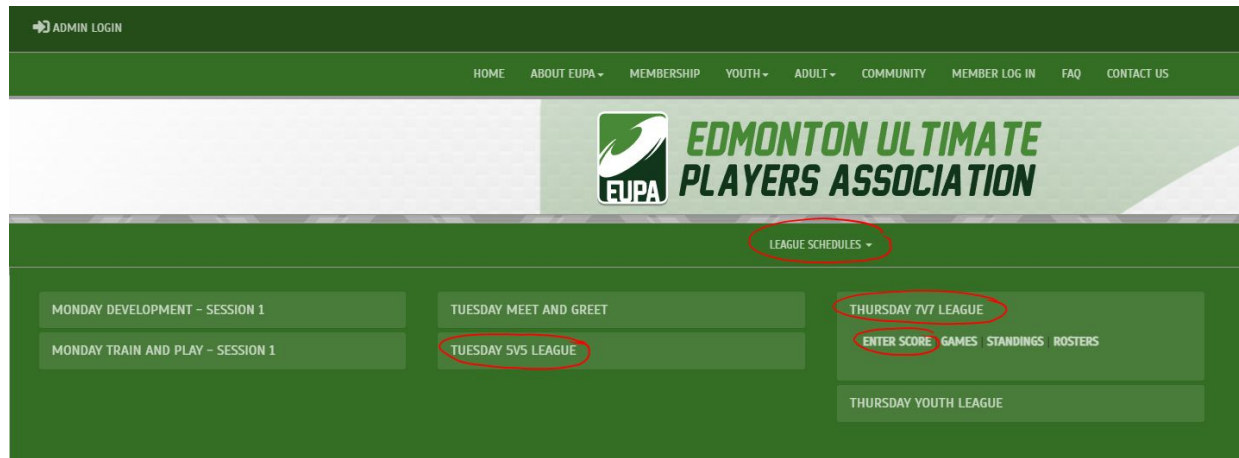
- Encourage and compliment their teammates AND opponents positively
- Prioritize safety and stop play immediately for injuries
- Get to know all the people on the field
- Minimize time between points and delays
- Experienced players respectfully ask new players if they would like tips/coaching.

POST-GAME:

- Spirit Games and/or Spirit Prizes are highly encouraged!
- Please keep the spirit games prompt



SCORES, SPIRIT & MORE!



Thursday 7v7 League

ENTER SCORE GAMES STANDINGS ROSTERS FIELD MAP INFO

Click to button to go to the score and spirit form.

**SUBMIT
SCORE & SPIRIT**



Administrative Coordinator


Vicky Yeung

admin@eupa.ca



2022 Summer Scores & Spirit

TEAM CAPTAINS: Use this form to submit your game scores and spirit people. 2 spirit people are to be selected each game from the opposing team.

 admin@eupa.ca (not shared) [Switch account](#)

* Required


Select your LEAGUE: *

☐ Tuesday Meet & Greet / 5v5

☐ Thursday 7v7

Indicate GAME DATE: *

Date

mm/dd/yyyy 

Indicate your TEAM NAME: *

Your answer

Indicate YOUR SCORE: *

Your answer

Indicate the OPPONENT'S SCORE *

Your answer

Indicate your opponent's Rules Knowledge *

Poor 1 2 3 4 5 Exceptional
☐ ☐ ☐ ☐ ☐

Indicate your opponent's Body Contact / Self-Control *

Poor 1 2 3 4 5 Exceptional
☐ ☐ ☐ ☐ ☐

Indicate your opponent's Spirit / Attitude / Fair Play *

Poor 1 2 3 4 5 Exceptional
☐ ☐ ☐ ☐ ☐

Indicate most SPIRITED FEMALE or NONBINARY player as nominated by your team. *Include last name or initial* *

Your answer

Indicate most SPIRITED MALE player as nominated by your team. *Include last name or initial* *

Your answer

COMMENTS (optional): Indicate any spirit concerns or other game related issues that we should be aware of.

Your answer

SCORES & SPIRIT FORM

Website or reporting issues?

Contact

admin@eupa.ca



Gender Policy

We believe:

1. The opportunity for **people of all genders to play together** in a recreational sport environment is important because it leads to respect between EUPA community members both on and off the field.
2. Being gender inclusive means **respecting the right of all individuals to identify their own gender.**

Team Ratio Rule

Teams may have a maximum of three (5v5) or four (7v7) players of one gender on the field at any time. The remainder of the players may be of any other gender. The opposing team is encouraged to match.



Weather/Field Safety Policy

1. All EUPA games are cancelled if the city has closed the fields (Mud, extreme weather, poor air quality).
2. We encourage captains not to cancel games before they go to the playing field.
3. Once at the fields, Captains may Cancel or 'Call' a game if the field turf will become damaged from use or Captains feel that players' safety is at risk/ players feel unsafe.
4. Captains may delay a game for 15 minutes, if the weather does not improve the captains can call the game.



Subs Policy

- Similar skill and experience
- Have a 2022 EUPA membership
- If subbing for >5 weeks, the sub will be expected to register formally

If you have a player that you need to permanently replace contact

admin@eupa.ca and CC

programming@eupa.ca



Disputes

On Field

1. Allow players to try and resolve the call
2. If there's confusion about the rules, ask players to clarify the reason for the call.
3. A player may retract their call
4. Involve only the necessary players in the dispute resolution*
5. If play has been stopped for 20 seconds, agree to disagree; Contested calls go back to the thrower.
6. Get back to playing Ultimate.

If you feel field behavior was *disrespectful, dangerous, or unsportsmanlike*, contact us at spirit@eupa.ca.



Spirit Complaints

Are not intended to be punitive.

They are an opportunity to **solve problems** for the purpose of **improving everyone's enjoyment of the game.**

If / when you have a spirit complaint, contact spirit@eupa.ca and we will walk you through the process.

APRIL 28
LAST DAY TO BE
AN EARLY BIRD!



SAVE 10%



**TUESDAY 5V5
TEAM LEAGUE**

REGISTER NOW
TIME IS RUNNING OUT!



APRIL 26
LAST DAY TO
REGISTER!



**TUESDAY
MEET & GREET**

5v5 Captains Updates/questions etc



- On Field Questions: Lyris
- Teams looking for female-identifying players**.

**If you know of anyone have them
contact admin@eupa.ca

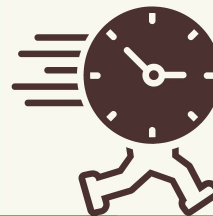


7v7 Captains Updates/questions etc



- On Field Questions: Nathaniel
- Still have 6 male players looking for a 7v7 team if you have room on your team, contact admin@eupa.ca

REGISTER NOW
TIME IS RUNNING OUT!

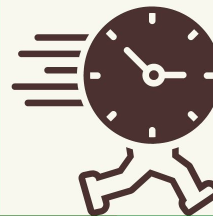


APRIL 28
LAST DAY TO
REGISTER!



**THURSDAY 7V7
TEAM LEAGUE**

REGISTER NOW
TIME IS RUNNING OUT!



APRIL 28
LAST DAY TO
REGISTER!



**YOUTH SPRING/
SUMMER LEAGUE**

Game Day for Captains

6:30-6:40PM	Captains arrive Home Captain sets field up Warm Up
6:50PM	Team Huddle
6:55PM	Meet with Away Team Captain Discuss Agreements: jersey color, gender ratio, any rule clarifications, time-outs, caps, handshakes, and half-times. Disc Flip
7:00PM-9:00PM	Play Ultimate!
9:00-9:05PM	“Handshakes” & Spirit Awards Captains: Please report your scores within 48 hours .
9:05PM	Bonus Round: Post-Game Hang out

CONE/DISC PICK UP AND DEPOSITS



← See Vicky before you leave!

CONE/DISC PICK UP AND DEPOSITS

- **\$40 CONE DEPOSIT** - to be returned when cones are returned at the end of the season
- **\$100 DEFAULT BOND** - will be returned if no games are defaulted
- Each player on your team receives a disc with registration - handed out when cheques received